

HOLISTIC WORKSHOPS - FREE

Everyone is welcome to attend a variety of Holistic Workshops at Vanlife Festival

LIGHT HEARTED YOGA

Saturday 9am & Sunday 9am



Saffron Fitch-Peyton will be offering light-hearted yoga at Vanlife festival this year, which is all about connecting with yourself and your surroundings.

This class is **FREE** and is for everyone.

Saffron will be also be offering massage therapy treatments (fee applies)

FINDING YOUR VOICE

Friday 3pm & Saturday Midday



Join Amanda for **FREE**, deeply Healing and balancing workshops.

- Gentle movement
- Breathwork
- Meditation using voice to move blocked energy
- Joyful singing - connect to your true inner self

Come with an open heart and mind

CRYSTAL CONNECTION

Fri - 4pm Sat - 1pm Sun - Midday



Join Naomi for a **FREE** Crystal Connection Workshop.

This enlightening session is all about connecting with crystals and incorporating them into your daily life. Discover the art of choosing the perfect crystal, explore meditation techniques with crystals, and learn about the myriad ways crystals can enhance your everyday experiences.

HATHA YOGA

Saturday 10am & Sunday 10am



Kate Beaton will be offering **FREE** transformative Yoga, Pranayama, and Meditation sessions for complete mind-body harmony.

CRYSTAL PENDULUM

WORKSHOP - FEE APPLIES

Timings on the blackboard



Naomi will guide you to unlock the mysteries of dowsing and energy work with this Crystal Pendulum Workshop. Delve into the intricacies of selecting the ideal pendulum, and craft your own to take home.

Create your personalized pendulum during the workshop.

Gain hands-on experience in harnessing the power of your pendulum.

Cost : £5 per person

TASHA'S CHAKRA SHED

Fri 2pm - Reiki Fire & 6pm Yoga Nidra

Sat 5pm - Yoga Nidra

Sun 1pm - Reiki Fire



Tasha is a Usui / Holy Fire Reiki Master and will be offering **FREE** daily group workshops, so you can experience the transformative and rejuvenating energy of Holy Fire Reiki. In these workshops, Tasha will guide you into a Holy Fire Meditation Experience.

Tasha is also offering 1:1 Reiki treatments, Reiki Hand massages and Indian Head Massages with Reiki (fees apply).

MASSAGE, REFLEXOLOGY, AROMATHERAPY - FEE APPLIES

Open throughout the whole weekend

Ellie, embraces a low waste & cruelty free ethos. Her expertise lies in Swedish body massage, reflexology, and aromatherapy, providing nurturing treatments for optimal well-being.

SURROUND SOUND

Saturday 3pm



Madhava will be holding a **FREE** relaxing Gong Sound Bath where you can experience the Gong Sound Journey using a wide variety of sound healing instruments. The symphonic gong is organic, deep and nurturing.

SIMPLE SELF DEFENCE FOR VANLIFE / TRAVELLING - FREE

Saturday 11am & Sunday 11am



Learn the principles of: Conflict communication, Body language, and simple, effective physical techniques in these **FREE**, family friendly sessions

HOLISTIC MASSAGE - FEE APPLIES

Open throughout the whole weekend

Cali will be taking bookings before the festival (or book at the event), for Therapeutic oil massage, relaxing aromatherapy massage, soothing eastern facial massage, reiki, reflexology, or combine all these treatments into a holistic massage individually tailored. Fee applies

You will also find a variety of TRADERS offering: * Handcrafts * Alternative natural health care * A Beauty BUS salon offering Hand and Nail care and Festival Glitter, * Crystals & Gemstones, * Birthstone, Chakra & Aromatherapy Diffuser Jewellery * Highopes Mobile Hairdresser